Peach Cobbler

Another southern summer favorite. Sliced peaches sliding in milky, gooey goodness. Once believed that the gluten free person could no longer enjoy. Now, it's as easy as any other dish. One name brand has a frozen, gluten free pie crust mix that works well to pat into shape to make a peach cobbler shell. Peaches can also be baked, or fried, in individual pie shells, much like apples. Peach cobbler can be smothered in gluten and lactose free ice cream or whipped cream for an additional sugar rush. It can be frozen in small batches to last the entire summer.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.

*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Pie Crust:

2 cups of Bisquick Gluten Free Baking Mix
3/8 cup brown sugar
2 eggs
Dash of salt
1 tablespoon vanilla extract (gluten free)
Water, as needed

Pie Mixture:

2 tablespoons butter
1 teaspoon of cornstarch
1 large egg
2 cups of diced peaches
2/3 cup sugar

Preparation time: 15 minutes

Preparation:

Pie shells:

1. Combine in medium sized mixing bowl:
   2 cups of Bisquick Gluten Free Baking Mix
   3/8 cup brown sugar
   2 eggs
   Dash of salt
   1 tablespoon vanilla extract (gluten free)
   Water, as needed to reach consistency
2. Mix well.
3. Spoon into buttered baking dish.
4. Flatten with fingers until it covers the pan.
5. Bake 350 degrees for 15 minutes.

Pie Mixture:

1. **Wash, peel, slice, and dice 2 peaches.**
2. **Combine in a mixing bowl:**
   2 tablespoons butter
   1 teaspoon of cornstarch
   1 large egg
   2 cups of diced peaches
   2/3 cup sugar
   Add a dash of soy or almond milk, if necessary.
3. **Pour into baked pie crust.**
4. **Place extra pie crust over top.**
5. **Sprinkle with brown sugar and tiny bits of butter.**
6. **Place in oven.**

Cook Temperature: 350 degrees

Cook Time: 30 to 45 minutes

Servings: About 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.